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Iraqi, U.S. troops train to succeed at KMTB

Staff Sgt. Ricardo Branch
2nd AAB Public Affairs
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KIRKUSH MILITARY TRAINING BASE, Iraq – When the sun crests over mountains in the east, a new day begins for Soldiers at Kirkush Military Training Base located in the Diyala province of Iraq. A battalion of Iraqi Army soldiers rises in the morning, accompanied by a cadre of Iraqi leaders and U.S. advisors.

Although rarely used as a base during Operation Iraqi Freedom, Iraqi Army units recently increased their attendance at KMTB during Operation New Dawn to ensure the army becomes trained to a national military standard.

Lt. Col. Ali Dawood Alwi said he never thought he would be arming Iraqi soldiers from a training center to succeed in safeguarding their own country.

“This is where it all began,” said Ali, describing the training grounds at KMTB. “This is where one of the first soldiers was trained to pick up a rifle and begin the steps to protect their country. This is also where we teach them to protect themselves, and protect the people of Iraq.”

Alwi, the training officer for the Iraqi Training Battalion, helps train the new crop of Iraqi protectors, a task that has become larger due to operational training requirements, and the need to refine soldier skills in the existing IA battalions.

“Our sole function here is to train the Iraqi Army,” Alwi said. “We get the new and old soldiers and give them the skills to ensure their success at the company and platoon level.”

Alwi said he served as one of the initial Iraqi officers recruited to begin the process of rebuilding a new Iraqi Army, and has overseen much of the training at KMTB.



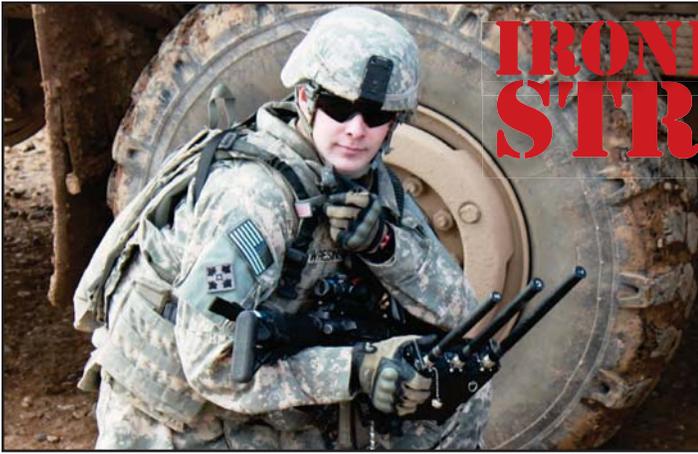
U.S. Army photo by Staff Sgt. Ricardo Branch, 2nd AAB PAO, 25th Inf. Div., USD-N Iraqi Army soldiers fire at targets during M-16 rifle qualifications at the Kirkush Military Training Base in Diyala province, Iraq, Jan. 5, 2011. The Soldiers of 1st Battalion, 21st Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, serve as advisors for Iraqi Army battalions cycling through the KMTB.

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STEADFAST AND LOYAL
IRONHORSE
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DEVIL
LONGKNIFE
WARRIOR

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IRONHORSE STRONG: Soldier of the Week

U.S. Army Photo

Spc. Jake Wresinski, a cannon crewmember assigned to Battery C, 2nd Battalion, 11th Field Artillery Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, proved himself to be an invaluable asset to his unit and the battalion when he was selected to work in the Task Force 2-11 Tactical Operations Center. Hailed by his peers as a professional Soldier with an outstanding work ethic, Wresinski's performance collecting and analyzing military intelligence assisted Iraqi Security Forces, working with U.S. forces, to capture several suspected extremists launching mortars at Joint Base Balad, Dec. 10, 2010. Wresinski's attention to detail and outstanding attitude earned him "Ironhorse Strong" Soldier of the Week.

Regardless of military occupational specialty, Soldiers perform assigned duties to the best of their ability using knowledge and talents to support their command and ensure the success of the mission.

Chicago-native Spc. Jake Wresinski, exemplified dedication to service and a resolve to accomplish any mission while operating outside his primary MOS as a cannon crewmember, earning recognition as U.S. Division-North "Ironhorse Strong" Soldier of the Week.

Wresinski, assigned to Battery C, 2nd Battalion, 11th Field

Artillery Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, assumed duties and responsibilities for his section in the Task Force 2-11 Tactical Operations Center, after his command hand-selected him for the position.

"He was selected because he is a smart Soldier, and he knows the (operating environment)," said Capt. John Burbank, commander, Battery C, 2nd Bn., 11th FA Regt.

Burbank said the TOC needed a Soldier who could work with the Unmanned Aerial Vehicle Team to locate the suspects as well as their buildings, vehicles and alleyways where they operate.

Wresinski knows the area well due to the time spent conducting patrols with his unit, he added.

Wresinski's efforts led to the apprehension of five individuals suspected of launching indirect fire at Joint Base Balad, Dec. 10.

His intelligence also assisted partnered missions with 17th Brigade, 4th Iraqi Army Division, leading to detainment of more suspects.

"(Wresinski) has an outstanding work ethic," said Burbank, a native of Haleiwa, Hawaii. "He has embraced (the special duty) and gone above and beyond, developing information on his own."

Burbank also noted that Wresinski received no formal training for the assignment in the TF 2-11 TOC.

His platoon leader, 1st Lt. Mark Faldowski, from Washington, Pa., assigned to Battery C, said Wresinski performs his duties, seeking responsibility, above his pay grade.

"He is a leader to his peers in the unit," Faldowski said.

Through hard work and effective communication, Wresinski made himself a valuable member of the Ironhorse Team and Iraqi Security Forces during Operation New Dawn.

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THE IVY LEAF

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Command Sergeant Major – Command Sgt. Maj. Daniel A. Dailey

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**1st Advise and Assist Task Force
1st Infantry Division**

**2nd Advise and Assist Brigade
25th Infantry Division**

**4th Advise and Assist Brigade
1st Cavalry Division**

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“At the start, Coalition Forces were conducting the training here,” he said. “They supplied logistics and instructed classes for our soldiers on how to shoot, move and communicate. Now it’s Iraqis conducting the training with U.S. Soldiers advising them.”

The rebuilding of the training process and continually building up the number of troops at the base was a long process, said Ali, adding that the situation greatly improved over time.

“First there was a lot of U.S. Soldiers here, which was good,” he said. “They did a lot of the training, but have handed a lot more to Iraqi trainers over the years. Now we’re providing much of the direction and purpose of the training.”

Ali cited one recent example from the Al Hadayda Palm Grove incident last September where Iraqi soldiers took casualties from fighting violent extremists in a rural environment.

Following the incident, the cadre and U.S. Soldiers looked at ways to modify the training to reflect the ever-changing conditions on a battlefield, he explained.

“We now place an emphasis on woodland fighting,” he said. “There are a lot of (palm groves) where insurgents like to hide, so we adapted here as well from that incident.”

Soldiers attending KMTB undergo a training program focused on tasks such as, weapons qualification, military occupational specialty qualification courses and squad and platoon leader training courses.

Iraqi Training Battalion Cadre directly supervises the instruction.

“Training Iraqi Army Soldiers here really makes you love your job,” said Lt. Col. Zead Tarek, the senior transportation officer for the ITB at the base. “In the beginning I didn’t start out here. I didn’t arrive to KMTB until 2009, and I’ve enjoyed my time ever since.”

Zead said his love for the job stems from the experiences he shares with Iraqi soldiers who arrive with a thirst for knowledge to better themselves and their country.

The fondest memories come from soldiers of different backgrounds who bonded as brothers-in-arms after training, sweating and learning from each other, he remarked.

“Sometimes you get a Sunni, Shia, or Kurd, who might not like one another,” he said. “They may not always agree with one



U.S. Army photo by Staff Sgt. Ricardo Branch, 2nd AAB PAO, 25th Inf. Div., USD-N

Pvt. Jeffrey Graham, infantryman, Company A, 1st Battalion, 21st Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, trains an Iraqi jundi, or soldier, fundamental techniques to obtain a sight picture using an M-16 rifle during basic rifle marksmanship training at Kirkush Military Training Base in Diyala Province, Iraq, Jan. 5, 2011.

another, but out here everyone is the same. If they have an issue with a soldier, a trip to the commander’s office fixes it quickly, but that is rare ... most put on the uniform and embrace the Soldier lifestyle.”

In addition to training at the schoolhouse and small unit tasks, U.S. Soldiers of 1st Battalion, 21st Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division train battalions of 5th Iraqi Army Division in field-level exercises for the Tadreeb Al Shamil, an Iraqi-directed plan to train the northern forces.

Lt. Gen. Ali Gadon, the commander of Iraqi Ground Forces, mandated all battalions of the 5th IA Div. complete a rotation at KMTB.

Each battalion goes through a 25-day training cycle learning to better operate at the squad, platoon, and battalion levels.

“We were tasked with bringing Iraqi soldiers to a central location where we could help train them as an entire battalion in month-long training, which will bring about annual training for the entire 5th Iraqi Army,” said Maj. Blake Lackey, operations officer for 1st Bn., 21st Inf. Regt., 2nd AAB, 25th Inf. Div.

To date, two cycles of Iraqi soldiers from 5th IA Div. completed the course, which is expected to continue for the next few months before transitioning to full Iraqi control.

The 5th IA Div. developed the training cycle to enable the army to maintain its combat readiness in Diyala and simulta-

neously ensure their Iraqi battalions each have the opportunity to complete a rotation at the KTMB.

“We’ve done the training for a little over two months, and already you can see improvements from it,” Lackey said.

He cited one example where Iraqi soldiers completed a company-level night-fire exercise, something which many of the Iraqi troops have never done before.

“We were conducting basic rifle marksmanship at night,” Lackey said. “It was one of the first times some of the Iraqis had fired their M-16s at night. When the firing was over, the U.S. Soldiers demonstrated better firing techniques to help the Iraqis at night.”

Once the firing was complete, the Iraqi soldiers started cheering and singing, clearly excited to be learning new skills.

“It was pretty motivating to see that big of an impact from our training, how just learning a few more skills can change a person’s attitude so quickly,” Lackey said. “It’s extremely fulfilling to see those kinds of changes in someone. We see that often within just a four day period.”

“As we move toward June, the entire process for the battalion collective training will be planned, resourced and led by the Iraqi Army,” he added.

While U.S. Forces transitioned from combat operations to an advise and assist role as part of Operation New Dawn, their Iraqi counterparts assumed the lead for their own training operations at KMTB, U.S. Division-North and the rest of Iraq.

'Head Hunter' troopers conduct platoon level-operations with Iraqi Army

1st Cavalry Division

Spc. Angel Washington
4th AAB Public Affairs
1st Cav. Div., USD-N

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers assigned to Troop A, 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, trained Iraqi soldiers on platoon-level ambush operations at Al Ghuzlani Warrior Training Center, Jan. 10.

After a week of tactical training at team and squad levels, IA soldiers assigned to the 1st Battalion, 11th Brigade, 3rd Iraqi Army Division, progressed to working as a platoon in efforts to increase the battalion's effectiveness as a unit.

"The training here at Ghuzlani will make the transition for the Iraqi soldiers easier when we leave," said Sgt. Robert Fierro, a scout squad leader assigned to 1st Sqdn., 9th Cav.



U.S. Army photo by Spc. Angel Washington, 4th AAB PAO, 1st Cav. Div. Regt., 4th AAB, 1st Cav. Div.

"They will know exactly what they need to do and how to do it," said the native of Alpine, Texas.

Iraqi soldiers of 1st Bn., 11th Bde., 3rd IA Div., reacted to an ambush scenario to strengthen their basic soldiering skills, rehearsing movement tactics and the proper ways to respond to direct and indirect fire.

"The team and squad-level procedures learned previously in their training set the foundation for them to operate as a

platoon," said Fierro, currently on his third deployment.

Unlike their first week of training, Iraqi soldiers received graded evaluations on their overall ambush procedures.

During the training scenario, IA soldiers used blank rounds, simulated grenades and newly acquired skills to defeat the opposing forces.

"They are picking up everything we're teaching them very quickly," said Spc. Xavier Morales, a fire support specialist, assigned to Troop A, 1st Sqdn.,

Sgt. Robert Fierro (far right), a scout squad leader assigned to Troop A, 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, guides soldiers of the 1st Battalion, 11th Brigade, 3rd Iraqi Army Division, to assume a line formation during platoon ambush training at Al Ghuzlani Warrior Training Center, Jan. 10, 2011. Iraqi soldiers received graded evaluations on their training to demonstrate their progress from the first day of training a week ago. Soldiers of 4th AAB, 1st Cav. Div., are working with their Iraqi counter parts at Al Ghuzlani Warrior Training Center during All Inclusive Training, or Tadreeb Al Shamil, an Iraqi-directed initiative to improve Iraqi Army units' ability to provide the highest level of security for their people.

9th Cav. Regt. "Once we leave, we can be proud knowing we helped them to get to a point where they will be able to defend themselves against (external threats)."

"They will be able to integrate the training that we're teaching them into the way they operate," said Morales, a native of San Juan, Puerto Rico, serving on his second deployment.

Soldiers of 4th AAB, 1st Cav. Div., will continue to advise, train, and assist their Iraqi counter parts at Al Ghuzlani Warrior Training Center during Tadreeb Al Shamil, Arabic for All Inclusive Training, assisting the Iraqi Army to provide the highest level of security for the Iraqi people.

"The training we are receiving is very useful and with the (practical) exercises we conduct, we are gaining more experience," said Pfc. Dalee Ahmed, an infantryman in 1st Bn., 11th Bde., 3rd IA Div.



U.S. Army photo by Spc. Angel Washington, 4th AAB PAO, 1st Cav. Div., USD-N

Soldiers assigned to 1st Battalion, 11th Brigade, 3rd Iraqi Army Division, maneuver against simulated enemy forces as part of Tadreeb Al Shamil, individual and collective tactical training conducted at Al Ghuzlani Warrior Training Center, Jan. 10, 2011. U.S. Soldiers assigned to 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, instructed their Iraqi counterparts in support of Tadreeb Al Shamil, an Iraqi-directed program to provide individual and collective training at the squad, team, platoon, company and battalion levels during a four-week cycle at Ghuzlani Warrior Training Center.

Provincial judges, U.S. forces open Tikrit courthouse

Sgt. Coltin Heller
109th MPAD
U.S. Division-North Public Affairs

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Gleaming marble and the scent of fresh paint greeted provincial judges and U.S. Soldiers at the grand opening of the Tikrit Courthouse, Jan. 9.

Iraqi provincial judges gathered with Soldiers assigned to Headquarters and Headquarters Company, 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, to commemorate the new courtroom for local judges to hold legal proceedings ensuring stability and security in the area.

“This building will allow us to have a foundation to build upon,” said Faisal Ibrahim Al Azawi, president of provincial judges for Salah ad Din province. “We will be able to gain the trust of the people and that of the Americans.”

After a ceremonial ribbon cutting, provincial judges toured the recently renovated courthouse, admiring the restored building and its facilities.

“We are very happy today,” said Al Azawi, speaking on behalf of the provincial judges in attendance. “We are proud to have worked with our American friends on this endeavor.”

The courthouse hosts trials for crimes that carry a sentence of five years or less, and settles judicial matters pertaining to issues local to Tikrit, he said. Cases, such as terror crimes, which fall outside the court’s jurisdiction, are transferred to the Salah ad Din Major Crimes Court also located in Tikrit.

While the provincial court tries small cases, Al Azawi stated Salah ad Din judges intend to stay true to the law and the people.

“Now we will show the community we can execute the law in a serious and disciplined manner,” said Al Azawi.

Moving the provincial judicial court to Tikrit provides judges with a local perspective, enhancing their ability to conduct trials, he added.

First Lt. Matthew Wolfe, Civil Affairs officer, HHC, 1st Bn., 27th Inf. Regt., who worked closely with Iraqi judges, said the



U.S. Army photo by Sgt. Coltin Heller, 109th MPAD, USD-N PAO

Lt. Col. Donald Brown, commander, 1st Battalion, 27th Infantry Regiment, 2nd Advise and Assist Brigade, 25th Infantry Division, speaks to provincial judges of Salah ad Din province during the grand opening of the Tikrit Courthouse, Jan. 9, 2011. The renovation of the courthouse, one of several buildings in the complex to be refurbished, served as the first step in bringing local trials to Tikrit. “This is a great day for the people of Tikrit and Iraq,” Brown said. “They will have the full support of the law from local advocates.” Brown and Soldiers of 1st. Bn., 27th Inf. Regt. provided support to the project, conducting assessments for Iraqi contractors repairing the 30-year-old building.

establishment of the courthouse is beneficial to the local community.

“It’s come 180 degrees from when we were here the first time,” said Wolfe. “The complex also houses a legal services building to process marriage licenses and bankruptcy cases. Fiscal and land disputes are also handled at the complex.”

“As well as providing jobs for local citizens, it will enable the judges to better develop the judicial process,” Wolfe added.

The 1st Bn., 27th Inf. Regt., “Wolfhound” Soldiers assisted the Iraqi contractors, providing assessments of physical requirements needed to complete the construction. The Soldiers worked with an Iraqi construction company to facilitate completion of the site.

“There was minimal U.S. involvement in this project,” said Wolfe. “We gathered the information and sent it to the Iraqi government for approval. The Iraqi government took care of the rest.”

Muhammed Ibrahim, manager of a

Baghdad construction company, said the condition of the building complex has greatly improved with the project.

“This place was terrible,” said Ibrahim. “It was not suitable to work from. We fixed everything from plumbing to electrical to the very walls.”

The construction project, erecting walls and replacing the gate with a stronger model, improved the security at the site, he said.

The construction company completed the renovation in approximately six weeks, with plans to complete the legal service building in months. A third building, the court of appeals, adjacent to the courthouse showed signs of construction with wood forms holding a concrete roof aloft.

“We hope to have the new sections completed soon. This way we can receive the people and have a good place to work,” Al Azawi stated, motioning at the court complex. “Here the people can reap the fruit of our labor, knowing we are working toward a safe, stable Iraq.”

Iraqi soldiers graduate from military intelligence academy

IA recruits complete Intelligence, Surveillance and Reconnaissance school to join 12th IA Div.

Pvt. Alyxandra McChesney
1st AATF Public Affairs
1st Infantry Division, USD-N

CONTINGENCY OPERATING LOCATION K1, Iraq – Twenty-five Iraqi Army military intelligence soldiers graduated from a U.S. forces-led Intelligence, Surveillance, and Reconnaissance Academy during a ceremony at Contingency Operating Location K1 Jan. 5.

Soldiers assigned to Company A, 1st Brigade Special Troops Battalion, 1st Advise and Assist Task Force, from Fort Riley, Kan., developed, planned, and operated the ISR Academy.

“We wanted to develop a program that would train and get the soldiers engaged in their jobs from the start and get the 12th IA ISR started on a training model that would be institutionalized over time,” said Capt. Alexander Burgos, commander, Company A, 1st BSTB, 1st AATF.

Burgos worked closely with Lt. Col. Adnan, commander, ISR Bn., 12th IA Div., to develop course material and a training schedule that would be appropriate to train the new IA soldiers.

The ISR academy began in December when the new Iraqi recruits met the cadre from Company A at 12th Iraqi Army Division Headquarters.

The cadre administered a literacy test to assess the recruits’ ability to follow written material, said Burgos. The test results helped the cadre determine the pace for the ISR Academy training schedule.

The “Devil” Brigade Soldiers covered several different tasks, including writing

intelligence reports, map reading and intelligence preparation for the future military intelligence soldiers.

The five-week ISR Academy also produced future Iraqi noncommissioned officers who will train the next group of recruits.

“NCOs are essential in the development of the soldiers and the unit as a whole,” said Burgos.

Burgos said the course accomplished its objective and by the end several of the Iraqi NCOs were teaching classes themselves.

“It was great to see the partnership between the U.S. Soldiers and the Iraqi soldiers grow over the last five weeks,” said 2nd Lt. Alexei Fainblout, the training team military intelligence adviser, 12th Iraqi Army Training Team, 1st BSTB, 1st AATF, 1st Inf. Div.

“The soldiers were very engaged in the training and eager to learn,” said Fainblout, who calls Fort Riley, Kan., home.

Upon completing the course, the new graduates were assigned to the 12th Iraqi Army Division’s Intelligence, Surveillance, and Reconnaissance Battalion, providing the Iraqi division with additional capabilities in collecting and analyzing military intelligence.

Lt. Col. Samuel Calkins, commander, 1st Brigade Special Troops Battalion, 1st Advise and Assist Task Force, 1st Infantry Division, from Ft. Riley, Kan., congratulates Distinguished Honor Graduate Sgt. Ali Ibrahim Mosul of the Intelligence, Surveillance, and Reconnaissance Battalion, 12th IA Division, for earning the highest grade point average at the inaugural training class of the ISR Academy, during a graduation ceremony at the 12th IA Div. Headquarters Jan. 5, 2011. Soldiers of Company A, 1st BSTB, 1st AATF, 1st Inf. Div. served as cadre for the military intelligence training academy teaching Iraqi soldiers to collect and analyze military intelligence. “All of the instructors we had were amazing,” said Mosul. “They made it easy by breaking everything down for us and making sure we all understood before moving on.”

The graduation ceremony, Jan. 5, at the 12th IA Div. Headquarters recognized the graduates of the course for their accomplishments.

Seven of 25 Iraqi students graduated with honors.

The distinguished honor graduate, Sgt. Ali Ibrahim Mosul of the ISR Battalion, 12th IA Division, scored greater than 90 percent average for all his tests.

“All of the instructors we had were amazing,” said Mosul. “They made it easy by breaking everything down for us and making sure we all understood before moving on.”

The cadre at the ISR Academy collected lessons learned from the first iteration, said Burgos, and is scheduled to begin a new training cycle in mid-January.

Training to become instructors for a subsequent iteration of the course, the honor graduates from the first ISR Academy class will serve as teaching assistants for the second class, said Burgos.

“We hope to expand and enhance the training opportunities of the military intelligence course,” concluded Burgos. “This will just be one stepping stone to having the 12th IA ISR Bn. conducting independent operations in the future.”



U.S. Army photo by Pvt. Alyxandra McChesney, 1st AATF PAO,

IP demonstrate capability on their 89th Anniversary

Maj. John Mini
1st AATF Public Affairs
1st Inf. Div., U.S. Division-North

CONTINGENCY OPERATING SITE WARRIOR, Iraq – Iraqi Police celebrated the 89th Anniversary of the founding of their force with a parade, displays, and a live counter-terrorism demonstration at the Kirkuk Training Center Jan. 9.

More than 20 local media stations covered the event providing Iraqi Police in Kirkuk an opportunity to celebrate their history and demonstrate their capability to protect Iraqi citizens of the province.

“We are here today to celebrate freedom, democracy, and to remember the fallen heroes who have given everything in the fight against terrorism,” said Maj. Gen. Jamal Tahr Bakr, Kirkuk’s Provincial Director of Police, who hosted the ceremony featuring more than 500 Iraqi Police.

“In the last year in Kirkuk, crime has decreased by more than 35 percent,” said Jamal. “This is because of the hard work, training and sacrifice of the brave police that you see here before you today. They work together as one team to protect all people of Kirkuk, regardless of ethnicity, religion or tribal affiliation.”

Col. Eric Welsh, commander of the 1st

Advise and Assist Task Force from Fort Riley, Kan., attended the event as a guest speaker.

Welsh said while his Task Force advises, trains and assists the Iraqi Police as part of Operation New Dawn, he is fully confident the Iraqi Police, under the leadership of Maj. Gen. Jamal, are in the lead, protecting the people of Kirkuk.

“What we see here today is a testament to your leadership,” Welsh said to Jamal. “The Iraqi Police in Kirkuk have shown time and time again that they are willing and able to protect the people and fight crime and violence. It is our honor to be your partners in this effort.”

Each of the police sub-districts within the province provided a platoon-size element to march in a pass and review before the provincial director.

Iraqi Police special units, the Emergency Services Unit, Emergency Response Unit and a Special Weapons and Tactics unit marched in the parade commemorating the IP Birthday. An IP Explosive Ordnance Disposal team also participated in the parade, marching in their bomb-protection suits.

Following the parade of troops, the Iraqi Police formed a parade line with their vehicles in front of the reviewing stand.



U.S. Army photo by Pvt. Alyxandra McChesney
Members of the Kirkuk Iraqi Police Emergency Services Unit form a file to execute a hostage rescue drill during Iraqi Police Day Jan. 9, 2011, at the Kirkuk Training Center. The IP units conducted the hostage rescue to demonstrate the capabilities of the elite IP quick-reaction force.

The IP units concluded the ceremony with a brief exercise demonstrating their capability to fight terrorism and protect the population.

Two actors dressed as terrorists drove a vehicle into the center of the parade field and took several individuals hostage.

Members of Kirkuk IP’s Emergency Services Unit responded, surrounding the scene and subduing the role-players to save the notional hostages. The IP EOD unit also diffused a mock bomb, showcasing their technical abilities during the exercise.

The exhibition concluded with the IP Criminal Investigation Unit collecting evidence to be used later in any judicial proceedings against the captured terrorists.

The exercise demonstrated the ability of Kirkuk’s Iraqi Police to respond to a violent situation using a variety of resources and training.

“We’re not going to stop fighting crime and protecting the people who count on us,” said Jamal. “The people of Kirkuk now are seeing that they have better security, and they too are helping the police to protect them by providing information about crime and supporting the police in all of their efforts.”



U.S. Army photo by Pvt. Alyxandra McChesney, 1st AATF PAO

Maj. Gen. Jamal, Kirkuk Provincial Director of Police, gives permission to Col. Issa, commander of troops to begin a pass and review during the Iraqi Police 89th Anniversary Celebration at the Kirkuk Training Center Jan. 9, 2011. Civic leaders from Kirkuk attended the ceremony as a sign of support and gratitude for Kirkuk Iraqi Police’s service to the people of the province.

U.S. Cavalry Soldiers teach IA how to react to an ambush at GWTC

Spc. Angel Washington
4th AAB Public Affairs
1st Cav. Div. USD-N

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers assigned to 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, trained Iraqi soldiers to react to an enemy ambush at Al Ghuzlani Warrior Training Center, Jan. 5.

Cavalry scouts instructed Iraqi soldiers of 1st Battalion, 11th Brigade, 3rd Iraqi Army Division, fundamental techniques for properly reacting to ambushes from various distances.

“The reason we are giving them this training is so they will be able to defend themselves against the enemy if they ever encounter an ambush,” said Sgt. Martin Gaymon, a cavalry scout assigned to Troop A, 1st Sqdn., 9th Cav. Regt.

“If every soldier knows how to operate at the basic level, it will make their army better as a whole,” said Gaymon, a native of Long Island, N.Y.

Different from responding to basic enemy contact, ambushes involve enemy forces deliberately positioning to engage friendly forces.

During the training scenarios, Iraqi soldiers moved as squads at the GWTC, remaining watchful and alert, knowing the enemy could attack at any minute.

U.S. forces, operating at GWTC, led the individual and collective infantry training for Soldiers of the 3rd IA Div. as part of Al Tadreeb Al Shamil, Arabic for All Inclusive Training, a four-week training cycle to develop Iraqi Army division’s offensive and defensive capabilities.

The soldiers moved silently and using hand and arm signals



U.S. Army photo by Spc. Angel Washington, 4th AAB PAO, 1st Cav. Div. Sgt. Martin Gaymon, a cavalry scout assigned to Troop A, 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, U.S. Division-North, instructs Iraqi soldiers of 1st Battalion, 11th Brigade, 3rd Iraqi Army Division, during react to an ambush training at Al Ghuzlani Warrior Training Center, Contingency Operating Site Marez Jan. 5, 2011.

to communicate.

When U.S. forces simulated attacks, using the word, “bang,” the IA soldiers immediately assumed defensive positions to engage the enemy and secure the area.

“We are here to help improve their army overall,” said

Sgt. William Fatherree, a scout assigned to Troop A, 1st Sqdn., 9th Cav. Regt. “We’re training them on the things we were taught.”

“One day they will have to train their own soldiers, so we are laying a foundation so they can pass the training along,” said the Fort Worth, Texas-native.

As Iraqi soldiers demonstrated their growing competency throughout the training, they asked to lead their own soldiers.

“This training is very good for us,” said 1st Lt. Kasim Muhemed, platoon leader, 1st Bn., 11th Bde. 3rd IA Div. “We are learning in two parts: classroom and doing it directly.”

“This helps us to learn more and improves the Iraqi Army,” said the native of Diyala province, Iraq.

Soldiers of 1st Sqdn., 9th Cav. Regt., continue to train the Iraqi battalion at the Al Ghuzlani Warrior Training Center through January as part of U.S. Division-North’s advise, train and assist mission in support of Operation New Dawn.



U.S. Army photo by Spc. Angel Washington, 4th AAB PAO, 1st Cav. Div., USD-N

Iraqi soldiers of 1st Battalion, 11th Brigade, 3rd Iraqi Army Division, communicate orders during an enemy ambush while training at Al Ghuzlani Warrior Training Center, Jan. 5, 2011. Iraqi soldiers learned the fundamentals of reacting to ambushes from Soldiers assigned to 1st Squadron, 9th Cavalry Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, who will continue to train the battalion as part of Al Tadreeb Al Shamil, Arabic for All Inclusive Training, a four-week training program to develop Iraqi Army division’s warfighting capabilities at the troop, company and battalion levels.

NCOs of 4th AAB Combat Stress reach-out to troops

Spc. Terence Ewings
4th AAB Public Affairs
1st Cav. Div., U.S. Division-North

CONTINGENCY OPERATING SITE MAREZ, Iraq – Soldiers assigned to the 4th Advise and Assist Brigade, 1st Cavalry Division, took part in the “Rebooting Your Mind for the New Year” classes held at Contingency Operating Site Marez Memorial Dining Facility to counteract the “holiday blues” Jan. 3-8.

The 4th AAB’s behavioral health specialists teamed with troopers from the 85th Medical Detachment, 1st Medical Brigade, from Fort Hood, Texas, to provide combat stress classes in the DFAC to remind Soldiers about the services and counselors available during the deployment.

“We’re here reaching out to people that wouldn’t regularly come to the clinic, because they’re afraid to seek help,” said Sgt. Christi Perrin, a 4th AAB behavioral health specialist assigned to Company C, 27th Brigade Support Battalion. “We want all the Soldiers to know what services we offer here and be comfortable enough to come talk to us.”

The team addresses issues that could possibly turn into serious issues, such as post traumatic stress disorder, Perrin said.

Perrin, from Ennis, Texas, said she enjoys working with the rest of the service-members in the Combat Stress Team, to assist the deployed troopers stationed at COS

Marez.

“Even though this isn’t a (deployment focused on combat operations) there are still stressors Soldiers need to learn how to deal with,” said Perrin.

The “Reboot Your Mind” Program consisted of tobacco cessation, extreme emotions management, relationship, stress management, resilience training and sleep hygiene classes, all of which Soldiers can regularly sign up for at the Combat Stress clinic.

In addition to emphasizing services available to the troops, the combat stress clinic provides troops at the base information to help their fellow “battle buddies” during their time of need.

“These classes teach Soldiers how to help other Soldiers who may not want to seek help,” said Sgt. 1st Class Otis Tyner, a native of Auburn, Ala., and the maintenance platoon sergeant, Company G, 5th Battalion, 82nd Field Artillery Regiment. “It’s important for that battle buddy to know what to say to their fellow Soldier, and where they can take them to receive professional help.”

Sgt. Matthew Webb, a behavioral health specialist assigned to 85th Medical Detachment, 1st Medical Brigade, from Fort Hood, Texas, said he always had an interest in being part of the preventive stage in mental health issues.

For six years prior to his deployment to Mosul, Iraq, Webb worked with Soldiers



U.S. Army photo by Spc. Terence Ewings Behavioral health specialists Sgt. Matthew Webb, assigned to 85th Medical Detachment, 1st Medical Brigade, from Fort Hood, Texas, and Sgt. Christi Perrin, assigned to Company C, 27th Brigade Support Battalion, 4th Advise and Assist Brigade, 1st Cavalry Division, teach a class on resiliency to Soldiers stationed at Contingency Operating Site Marez, Jan. 7, 2011.

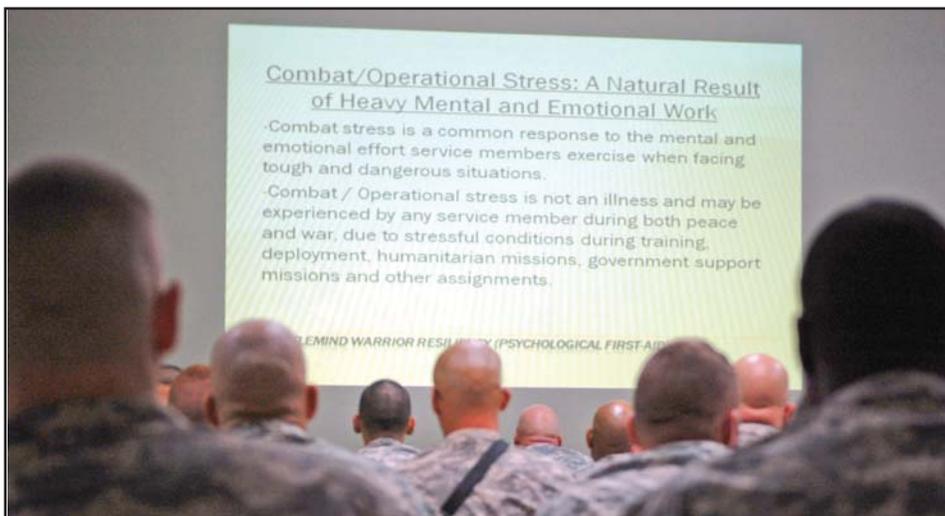
returning home with PTSD.

Webb said now he sees the “other side” of PTSD, working with deployed Soldiers to keep troops mentally healthy.

“These classes set the foundation for people to help themselves and others,” said Webb, a native of Fort Wayne, Ind. “We know everyone doesn’t want to come to the clinic, but everyone has to come to the DFAC to eat; while they’re here they have the opportunity to increase their knowledge on behavioral health and possibly help their battle buddy.”

All Soldiers are encouraged to seek professional help and take part in the services provided by the Combat Stress clinic if they need it. They’re also urged to help their fellow Soldiers by sharing the information.

Soldiers of Company G, 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, read a psychological first aid slide during a resiliency training class held at the Contingency Operating Site Marez Memorial Dining Facility, Jan. 7, 2011. The deployed 4th AAB Soldiers from Fort Hood, Texas, participated in the combat stress-related class during their lunch period. The training class was part of the “Rebooting Your Mind for the New Year” Program, intended to reach out to Soldiers who may need or are seeking behavioral help.



U.S. Army photo by Spc. Terence Ewings, 4th AAB PAO, 1st Cav. Div., USD-N

Reorganized 'Ivy Division' Band better prepared for mission in Iraq

Sgt. Coltin Heller
109th MPAD
U.S. Division-North PAO

CONTINGENCY OPERATING BASE SPEICHER, Iraq – Since before the Revolutionary War, the U.S. Army fielded bands, providing bugles, drums and flutes for militia to conduct drill and ceremony, signal a commander's tactical orders to his troops, or inspire Soldiers to stand fast in battle.

Throughout the centuries, the role of military bands evolved and transformed with the many missions and deployments of today's modern Army.

"Division bands used to deploy when an entire division would deploy," said Chief Warrant Officer Marvin Cardo, conductor of the Ivy Division Band. "Think of the band now as a brigade combat team, in the sense that the band is able to deploy each section on its own."

The transformation separated the 45 musicians of the "Ivy Division" Band into Music Performance Teams, which allow the musicians more flexibility, deploying in smaller, mobile sections, said Cardo, a native of



U.S. Army photo by Sgt. Coltin Heller, 109th MPAD, USD-N PAO

Fourth Infantry Division rock band "High Altitude," plays for Soldiers stationed at Contingency Operating Base Speicher New Year's Day. The band members, assigned to Musical Performance Team C, part of the "Ivy Division" Band, Division Special Troops Battalion, 4th Inf. Div., represent one of several small ensembles the band reorganized into after Army bands transformed to modular teams.

New York.

Sections of 4th Infantry Division's Ivy Division Band continue to provide entertainment for audiences stationed at Contingency Operating Base Speicher and troops deployed throughout northern Iraq in support of Operation New Dawn, he explained.

Two rock bands, "H.E.A.T." and "High Altitude" deployed with "Brass Incline", a brass quintet, to U.S. Division-North in support of Operation New Dawn.

The rock bands combine

classic rock elements like guitars and drums with brass instruments for a unique sound, and Brass Incline attends formal ceremonies playing the National Anthem, Ivy Division March and other formal Army songs.

"This marks the first time sections of a band deployed independently," Cardo said. "The (Music Performance Teams) here are on a six-month deployment."

MPTs will rotate back to Fort Carson to support events at home station, trading places with the other members of the band, who will deploy to support troops with U.S. Division-North.

Spc. Kasey Walker, trumpet player for MPT C, the High Altitude rock band, said the new organization has increased the band's overall effectiveness.

"This allows us to do multiple missions at the same time," said Walker, an Evansdale, Iowa-native. "With smaller ensembles we can be moved from place to place with little hassle."

The restructuring allowed musicians of each MPT to hone their individual musical skills on a particular style of music, providing band members with more experience and Soldiers with a greater variety of music.

"In the past, bands were more geared toward concert type performances," said Staff Sgt. Larry Weisel, who hails from Lowery, Minn., and serves as keyboard player for High Altitude. "This allows the band members to focus on a particular genre of music."

"Having these specialized sections allows us to have a wider more diverse foot print," said Weisel.

Playing every Saturday at the COB Speicher Dining Facility and traveling to play for units throughout southern and northern Iraq, Weisel said he enjoys watching the audience take a longer lunch or dinner as they revel in familiar beats.

"I enjoy every performance we do for the Soldiers in the field," said Weisel. "This is one of the most rewarding career fields."



U.S. Army photo by Sgt. Coltin Heller, 109th MPAD, USD-N PAO

Spc. Kasey Walker on the trumpet, plays along side fellow band members, Sgt. Tygue Weirda, saxophone player, and 1st. Sgt. Cornell Herrington, trombone player and noncommissioned officer in charge of the "High Altitude" rock band, Musical Performance Team C and "Ivy Division" Band, Division Special Troops Battalion, 4th Infantry Division.

Celebrity singers visit COS Marez



U.S. Army photo by Spc. Angel Washington, 4th AAB PAO, 1st Cav. Div. Soldiers assigned to 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, receive the Oath of the U.S. Army Noncommissioned Officer during an NCO Induction Ceremony, Jan. 7, 2011, at Contingency Operating Site Marez. Newly inducted NCOs will lead their fellow Soldiers as they continue their advise, train, and assist mission in support of Operation New Dawn. Twenty-five Soldiers participated in the ceremony to include 16 sergeants and nine corporals.

Corps welcomes new 'Black Dragon' NCOs

Command Sgt. Maj. Calvin Coler, a native of New Orleans and the senior enlisted advisor assigned to 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, looks on as Sgt. Jack Warner, a field artillery tactical data systems specialist assigned to Battery A, 5th Bn., 82nd FA Regt., signs his copy of the Creed of the Noncommissioned Officer during an NCO Induction Ceremony at Contingency Operating Site Marez, Jan. 7, 2011. Warner, a native of Salt Lake City, received formal recognition for becoming a NCO. Soldiers recited the NCO creed together before taking the Oath of the U.S. Army Noncommissioned Officer.



Photo by Spc. Angel Washington

Cpl. Clifford Quinton, a field artillery tactical data systems specialist, assigned to Battery B, 5th Battalion, 82nd Field Artillery Regiment, 4th Advise and Assist Brigade, 1st Cavalry Division, adds his signature to the Creed of the Noncommissioned Officer during an NCO Induction Ceremony at Contingency Operating Site Marez, Jan. 7, 2011. With his signature, Quinton, a native of McAlester, Okla., officially joined the ranks of the NCO Corps, completing the time-honored tradition of an NCO Induction Ceremony.



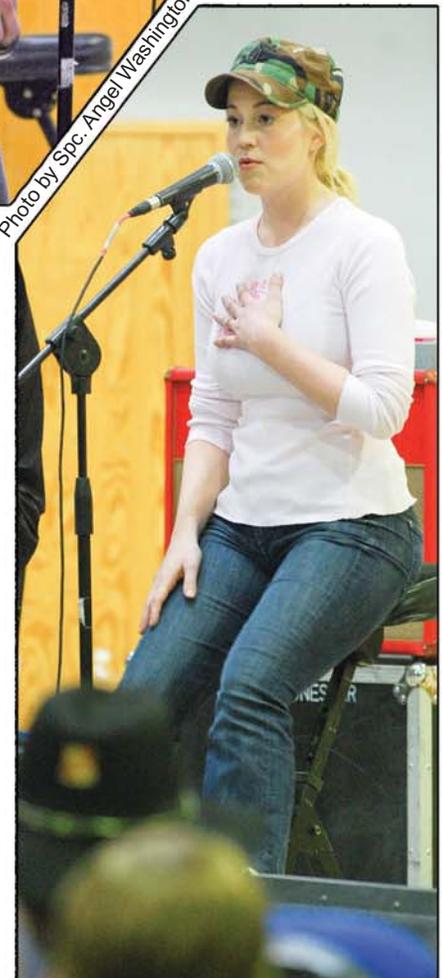
Photo by Spc. Angel Washington



Photo by Spc. Angel Washington

Famous recording artist, Joan Jett performs during a United Service Organizations-sponsored concert for troopers assigned to 4th Advise and Assist Brigade, 1st Cavalry Division, and civilian personnel working at Contingency Operating Site Marez, Iraq, Jan. 10, 2011. Jett, originally from Philadelphia, and country singer Kellie Pickler, performed their most popular songs during the two-hour show. Following the show, both singers took the time to sign autographs for the deployed troops.

Kellie Pickler, center, a country music artist from Albemarle, N.C., performs during a United Service Organizations-sponsored concert for Soldiers assigned to 4th Advise and Assist Brigade, 1st Cavalry Division, stationed at Contingency Operating Site Marez, Iraq, Jan. 10, 2011. Throughout the event, the former "American Idol" contestant shared her success story with the Soldiers and thanked them for their hard work while deployed in support of Operation New Dawn.



4th AAB PAO, 1st Cav. Div., USD-N

Hey Doc: Green Mucous: 'No, it ain't right, but don't worry'

Capt. Kate West
Surgeon's Office
U.S. Division-North

"Hey Doc: I've had a cough for two days and have green stuff coming out of my nose. I know that ain't right. Do I need an antibiotic?" – signed "Sniffles"

Dear Sniffles,

I am sorry you don't feel well. Sounds like you have a cold. Cold and flu season peaks in the winter months, even in Iraq. Colds are caused by viruses, most commonly the rhinovirus.

Viruses and bacteria spread as they float in the air, or are passed from objects onto your hands and then to your nose, mouth and eyes. Adults get an average of four colds per year, and kids get an average of eight per year.

The most common symptoms of a cold are headache, nasal congestion, runny nose, sneezing, sore throat, fatigue, and cough. You may also experience earaches, dizziness, chest congestion, body aches, or stomach aches.

Most colds last about seven days. Your symptoms will be most intense during the first three days and then should start to improve.

Tips for Prevention: there are many ways to prevent colds. Good hygiene with hand washing and hand sanitizers is an important way to prevent the spread of illness. Also, coughing and sneezing into the bend of your elbow can prevent the spread of the virus on your hands and then your co-workers.

It is also important to get plenty of sleep, as most

people tend to feel run down just before the onset of a cold.

Some people believe vitamins and herbal supplements help keep illness away. However, I would check with your troop medical clinic physician's assistant, or doctor, before starting any herbal remedies, to make sure they are safe and won't interfere with your other medications or the occasional Army urinalysis.

And finally, do not smoke! It causes chronic irritation of your airway and makes you more susceptible to infection. Smoking will cause you to be sick longer than a non-smoker.

How to get treatment: we

can only treat the symptoms of the cold. Antibiotics do not work against viruses.

Contrary to popular belief, you cannot tell whether you have a viral or bacterial infection by the color of your mucus. While you are sick, you should continue to drink plenty of fluids and get extra rest. It is okay if you do not feel like eating.

Also, it is okay to continue to exercise while you are sick. However, if you don't feel up to hitting the gym, take a few days off until you are feeling better.

Cough drops can help your sore throat and calm your

cough. Ibuprofen and acetaminophen can ease your headache and body aches.

An antihistamine, like diphenhydramine, or Benadryl, can help dry up your nose and reduce the sneezing. Sudafed, a decongestant, will help unplug your nose. We also like Mucinex, which helps thin your mucous, making it easier for you to clear it.

Your doctor can also recommend several medicines to help your cough – coughing is good because it helps get rid of the phlegm.

Going on Sick Call: you are probably wondering when you should see a medical provider.

If you have been sick for three to four days and are not feeling better, I recommend you see a doctor. You should also see a provider, if you have any concerns about what medications you should be taking.

A fever over 101 degrees should also be checked out. You can continue to work while you are sick. However, if you have had a fever greater than 101 degrees, you should not return to work until you have been fever-free for 24 hours.

If you are having any symptoms of chest pains, difficulty swallowing and handling your saliva, or difficulty catching your breath, you should see a provider as soon as possible.

Fortunately, most colds are merely an inconvenience, and you will get better regardless of what you do.

Stay well, Taskforce Ironhorse! Keep those questions coming!

